VERTICAL FILE

OKLAHOMA 4-H PROGRAM IDEAS

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Modeling Your 4-H Fashion Garment

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Simply wearing clothes is modeling. You are always "on display," whether you are on the street, in the home, at school, on the job, at play, traveling or at parties. The techniques of poise and charm are easily learned by practice and following the suggestions in this program idea.

Body Line-Up

Good posture helps distribute body weight so that the figure looks well-proportioned.

To practice standing like a model with poise and grace, align the body from the bottom up. Begin with feet placed parallel, toes ahead, knees relaxed, buttocks tucked under, pelvis tilted forward and tummy in. Then s-t-r-e-t-c-h the body through the waist, push the rib cage up, relax with shoulders down, head high and chin parallel to the floor. Imagine that a string is attached to the crown of your head, pulling up so your feet barely touch the floor.

Use a full-length mirror to check posture and body alignment. Draw a chalk line or hang a plumb line lengthwise through the center of the mirror. Stand sideways, a foot away from the mirror, so that the line goes through the center of your ear. Have a friend help you check your "image" by following the line from head to toe—it should go through your shoulder bone and hip bone and be directly in front of your ankle bone. If the line is in front of or in back of these points, adjust your posture; the line will show where improvement is needed.

Concentrate on good posture whenever you are standing and walking. Have your friend help you check often at the mirror for improvement.

Your Walk

Your walk tells a great deal about you. It reveals timidity or confidence, shyness or aggressiveness, carelessness or pride in appearance. An individual who walks fluidly and gracefully still is one of the thrills of everyday life. The art of walking is the foundation for good modeling.

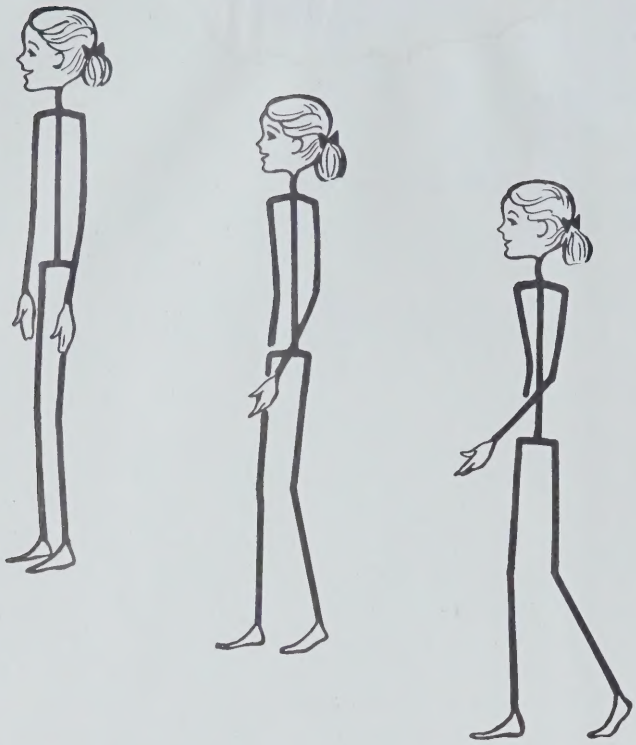
Poor posture causes body strain and creates a tendency to tire easily. The secret of avoiding this is to learn controlled relaxation while walking. Here's how to do it:

Stand with good posture, then push off with a firm movement of the rear foot and a gentle bend and movement on the ball of the front foot. Toes should move straight ahead, carrying the feet along imaginary parallel lines about 2″ apart; walk with each foot centered over the corresponding line. This will keep legs close together and give a graceful appearance. Your arms should swing slightly and naturally with the rhythm of the walk.

Think "glide"—a form of suspended animation as you walk. (Remember the string attached to the top of your head—now it's moving your body along, almost as if you're a puppet.)

Practice walking toward a full length mirror and see what you look like to others. A friend can check your appearance from back and side.

Once learned, a graceful walk becomes a habit. It requires no thought because it's not an "on stage" skill but a part of you.



Model's Stance and Pivot

A leg-and-foot position is called a "stance." It helps a model present her most slimming line and show a fashion to its best advantage.

The stance is a "T" position made by pointing the heel of the forward foot toward the ball of the foot in back. When standing, keep your body turned slightly toward the audience with arms relaxed at your sides—one arm slightly forward, the other slightly back—with hands relaxed and palms inward. Balance your weight on both feet.

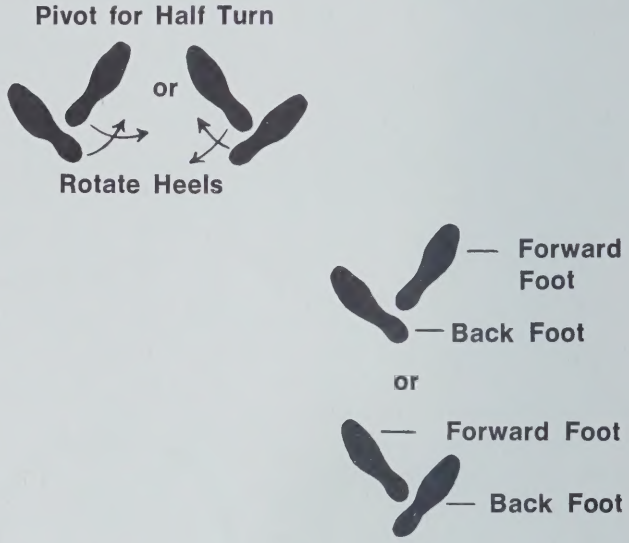
When modeling, turn so the audience can see the back of the outfit, then change the direction of the movement. When turning with your back to the audience, keep hands slightly forward.

A "pivot" is a turn that you can do while standing or walking. Here's how to do it:

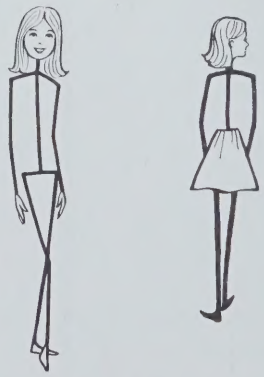
Half turn to the side—begin with your feet in the "T" position, lift heels slightly, pivot in the direction of the back foot. Pause. Pivot back to the original position. Toes never leave the floor. By sliding the forward foot behind the other foot, you may reverse the position of the "T." By turning halfway and walking from there, you can also change the direction of the movement.

Full turn—Begin with feet in the "T" position. Lead with the forward foot and take a small step (1) placing one foot in front of the other and lifting heels slightly; (2) pivot around on the balls of the feet in the direction of the back foot; (3) pull the heel of the front foot into the other foot, resuming your stance. Pause. To complete the turn, take a small step with the front foot, step around with the back foot and pivot so you again face the audience. Pull heel in. Start walking. When stepping out, lead with the front foot. Two ways to make a complete turn, changing directions while walking, are by eliminating step 3 or the pause at the end of step 3, continuing to move all the time.

A turn can be as simple as taking a few short steps in a small circle. Any type of turn will be easier if you let your body naturally follow your feet.



You are now able to make a half turn and a complete full turn while standing or walking. By practicing these turns until they are natural and second nature, you should be able to change direction easily and move in a wide variety of ways in different-sized areas. Making the turn in the way that seems most natural is important for you to appear natural and relaxed to the audience. Keeping weight equally distributed will help you to keep balanced at all times, keep your body in line and be comfortable.



To give an uncluttered view of the garment back, turn and keep your hands away from the back of your body.

Spotlighting Fashion Details

The commentator will call attention to some details. Hand gestures may be used to highlight certain ones. For example:

- Accent a pretty sleeve by placing your hand on your hip.
- Emphasize a pocket by placing your fingertips in it, thumb out, keeping your hand flat. Do not push your hand into the pocket.
- Show off an unusual lining by holding open the front edge of the garment.

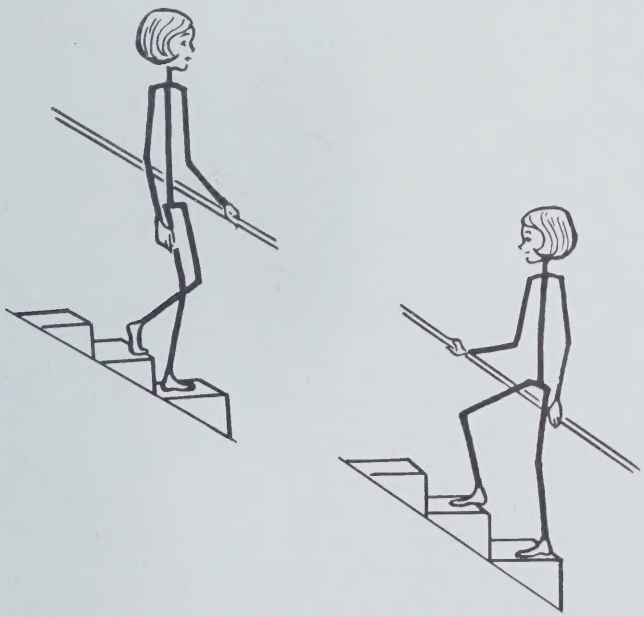
Practice these until they are natural and casual, otherwise it is better not to use them.

Taking the Stairs

Walk toward stairs with your body straight. Keep your head up.

Before starting up the stairs, pause and gauge the width of each stair. Bend your knees quite a bit, tuck buttocks under and touch the stair with the ball of your foot. Let your body weight settle on the whole foot immediately. Keep your foot flat on the stair—this keeps your back straight, controls the hips and keeps you from catching a heel on the edge. Keep your knees bent and you will go up without a jerk.

Come down stairs the same way—pause, tuck buttocks under and keep knees bent.



Picture Pretty

Grooming. Grooming is important for poise and self-assurance. Keep garments clean and pressed. Wear an attractive hair style.

Shoes and hosiery. Shoes of basic style and basic color are most versatile and appropriate for the stage. Wear shoes that are comfortable, in which you feel at ease and that are appropriate to the outfit.

Wear hosiery appropriate for the costume to complete the style and "look" you want.

Deodorant. Check perspiration by using a deodorant or, if possible, an anti-perspirant. You may want to protect the garment with dress shields.

Make-up. Wear just enough make-up to look pretty and well-groomed. If lights will be extremely bright, a little extra make-up may be in order, but a natural look should be your goal.

Hidden treasures. Make sure your slip doesn't show. Wear good foundation garments that will enhance the outer garment.

The Countdown

Accessories. Accessories may help you achieve a "total" effect.

Hold a small bag close to your side with your arm slightly bent.

Carry a regular-size bag with the handle over your bent arm. Never swing it by the handle.

Carry a large tote bag or beach bag by the handle. Hold it slightly back of your dress so that it does not hide the costume.

Wear a hat if it adds to and complements the outfit and helps give a total look. The same goes for gloves—and wear, don't carry them.

Coat or Jacket. When taking off a coat or jacket:

1. Unbutton from the bottom up.
2. Grasp a lapel with each hand and slide coat or jacket off your shoulders.
3. Grasp both cuffs in back of you with one hand, slide one hand and arm out of sleeve. Continue to hold cuffs and bring garment around toward the side.
4. Grasp the garment at the nape of the neck with your free hand, then slide the other arm out of the sleeve.
5. The coat or jacket will naturally fold in two where it is held at the neck. Place over slightly bent arm with open edges toward elbow. Take care not to hide the remaining garment being shown.

Practice removing a coat or jacket until it is an easy and natural movement done quickly and smoothly.

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Curtain Going Up

First Impression. Listen to the commentator for your cue.

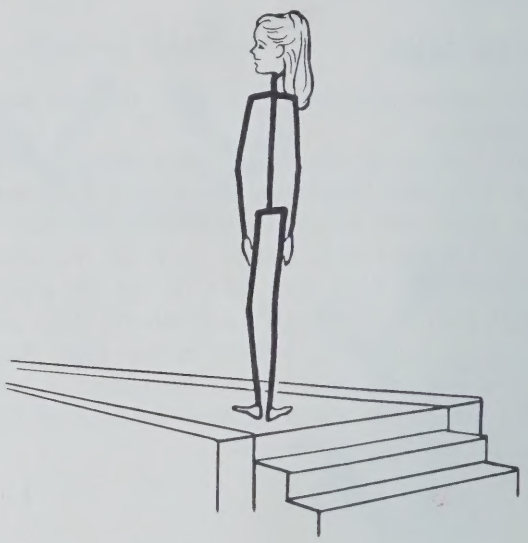
For an effective entrance, walk on stage briskly, then pause for a moment as soon as you are in full view of the audience. Let them see a smiling but dignified model. Be confident. Look as though you believe your outfit is the world's finest.

Model for every section of the audience. Show the front, back and sides of the outfit. Keep moving—not fast, not slow, but with a natural rhythm.

Listen to what the commentator says. When she describes your outfit, turn slightly to each side so the audience can see the details. Keep your eyes in contact with at least some of the audience most of the time.

Lasting Impression. Listen for the cue to leave the stage—but don't rush. Walk to the exit and pause. Turn, smile at the audience, then exit. Never rush in panic for the last few steps of the exit.

Be *dignified.* Keep *poised,* even when the show is over.



Score Card for Modeling

THE GIRL (About 25%)
- Posture and Poise
- Grooming
- Manner and effect of presentation

THE COSTUME ON THE GIRL (About 50%)
- Pattern and Fabric
- Becoming fashion color
- Fit for appearance and comfort
- Effect of undergarments
- Choice of accessories

THE COSTUME (About 25%)
- Cleanliness
- Pressing
- Color combination and trim
- Appropriate to occasion
- Suited to project

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